

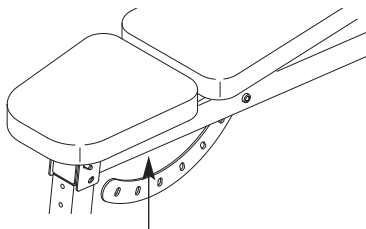
WEIDER[®]CLUB

PowerSwitch 100

Model No. WEBE2406.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

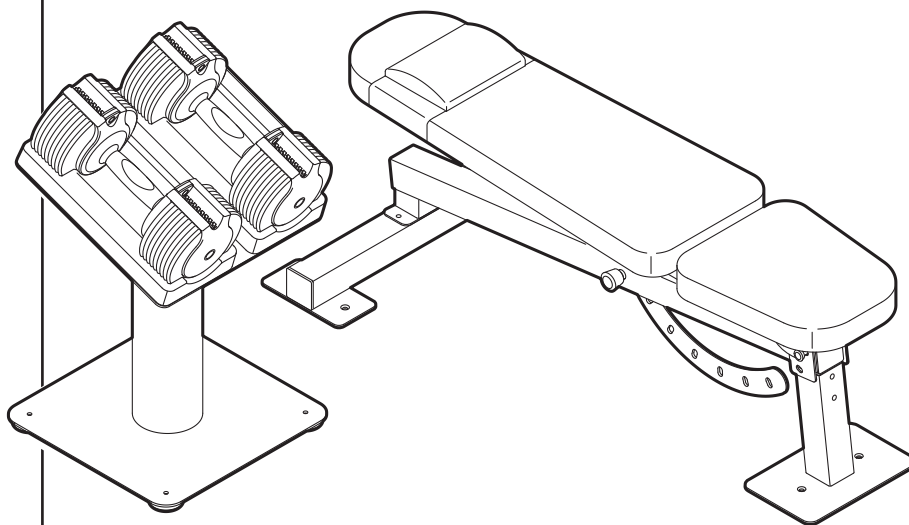
CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.weiderservice.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.weiderfitness.com

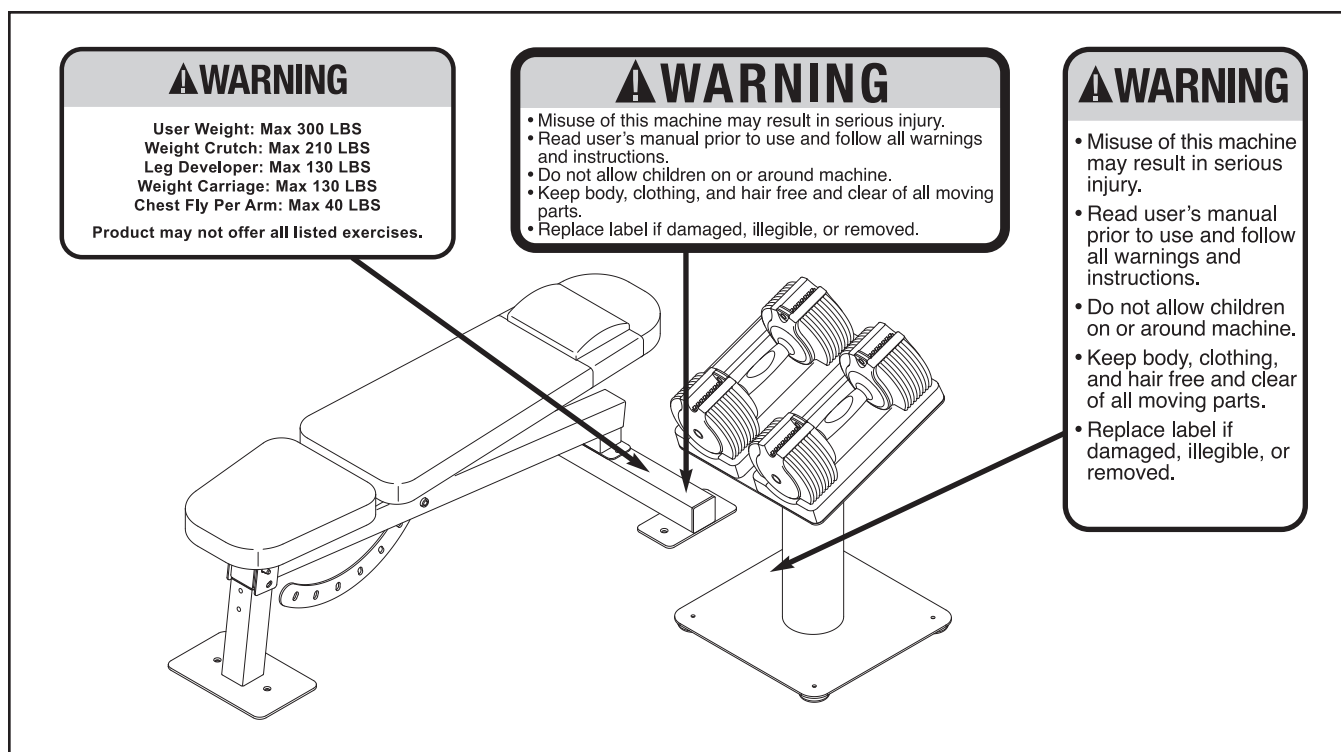
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The decals shown below have been placed on the weight bench and the weight stand. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench and the weight stand.

1. Read all instructions in this manual and all warnings on the weight bench and the weight stand before use. Use the weight bench and the weight stand only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench and the weight stand are adequately informed of all precautions.
3. The weight bench and the weight stand are intended for home use only. Do not use the weight bench or the weight stand in any commercial, rental, or institutional setting.
4. Keep the weight bench and the weight stand indoors, away from moisture and dust. Place the weight bench and the weight stand on a level surface, with a mat beneath it to protect the floor or carpet.
5. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep hands and feet away from moving parts. Do not place your fingers between the dumbbells and the weight stand.
8. Keep children under 12 and pets away from the weight bench and the weight stand at all times.
9. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 510 pounds. Do not use the weight bench with more than 210 pounds of weight.
11. Place only the included dumbbells on the weight stand.
12. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

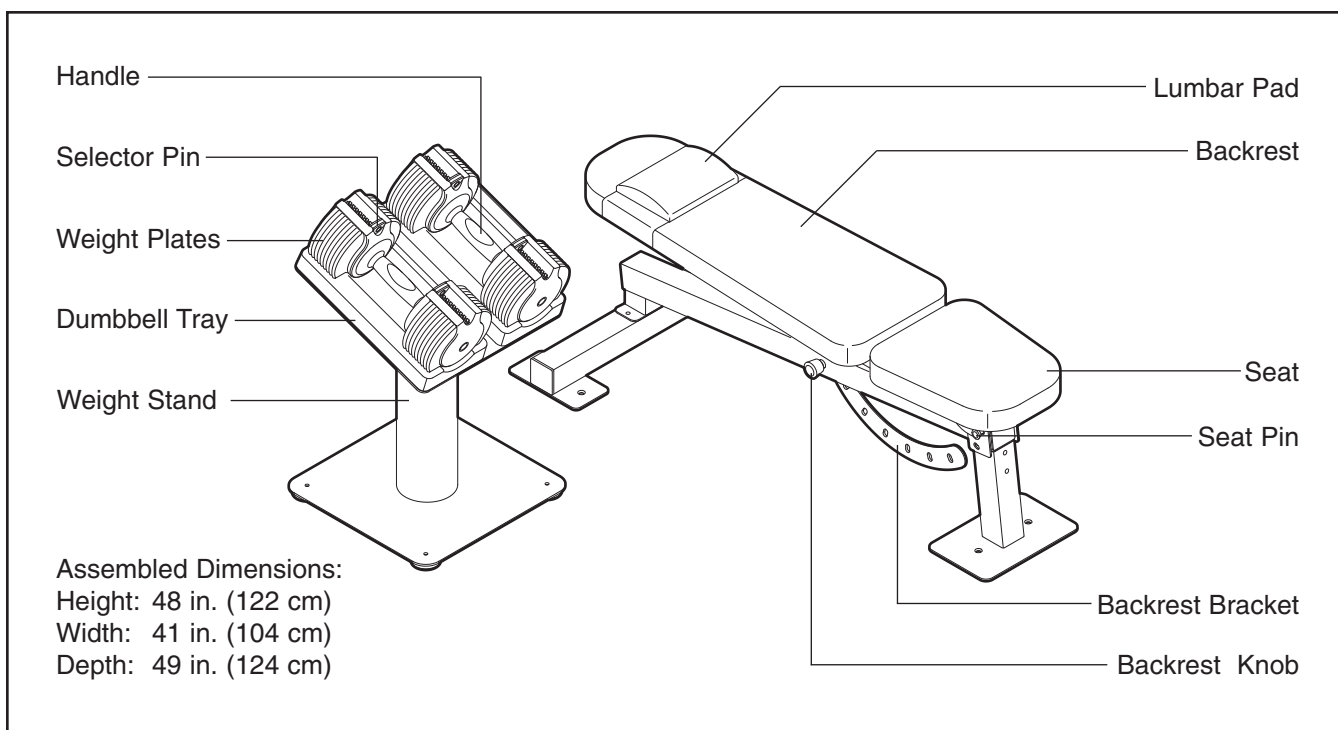
Thank you for selecting the versatile WEIDER® CLUB POWER SWITCH 100 weight bench and weight stand. The weight bench and weight stand are designed to help you develop the major muscles of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench and weight stand will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench and weight stand. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you,

please note the product model number and serial number before contacting us. The model number is WEBE2406.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

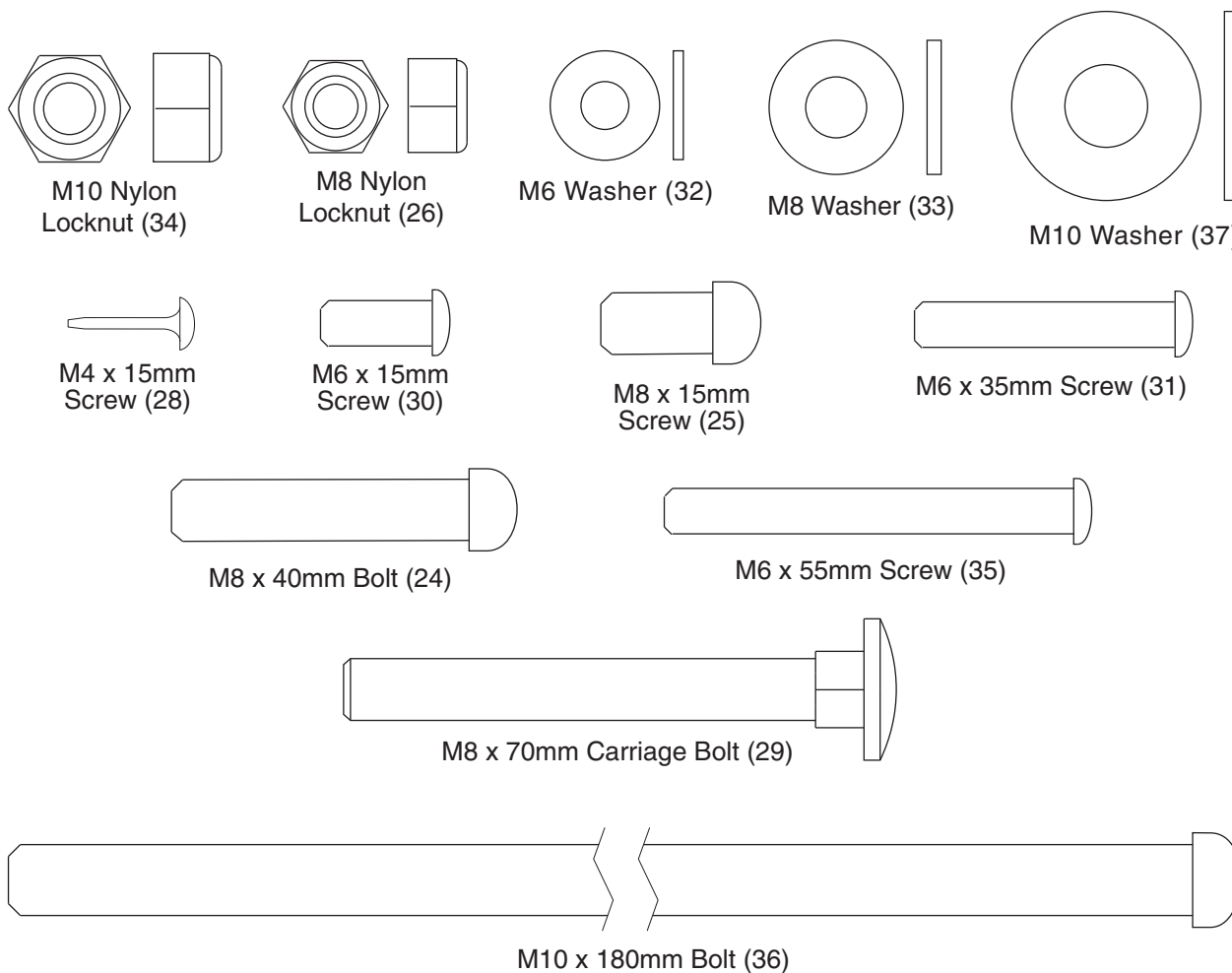
To avoid a registration fee for any service needed under warranty, register the weight bench and stand at www.weiderservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been preassembled.**



ASSEMBLY

Make Assembly Easier


Everything in this manual is designed to ensure that the weight bench and weight stand can be assembled successfully by almost anyone. However, there are many parts, and the assembly process will take time. By setting aside plenty of time, assembly should go smoothly.





To hire an authorized service technician to assemble the weight bench and the weight stand, call toll-free 1-800-445-2480.

Before beginning assembly, carefully read the following information and instructions:

- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- During assembly, **make sure all parts are oriented as shown in the drawings.**
- Assembly requires two persons.
- **For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.**

Assembly requires the included hex key  and grease packet and some or all of the following tools (not included):

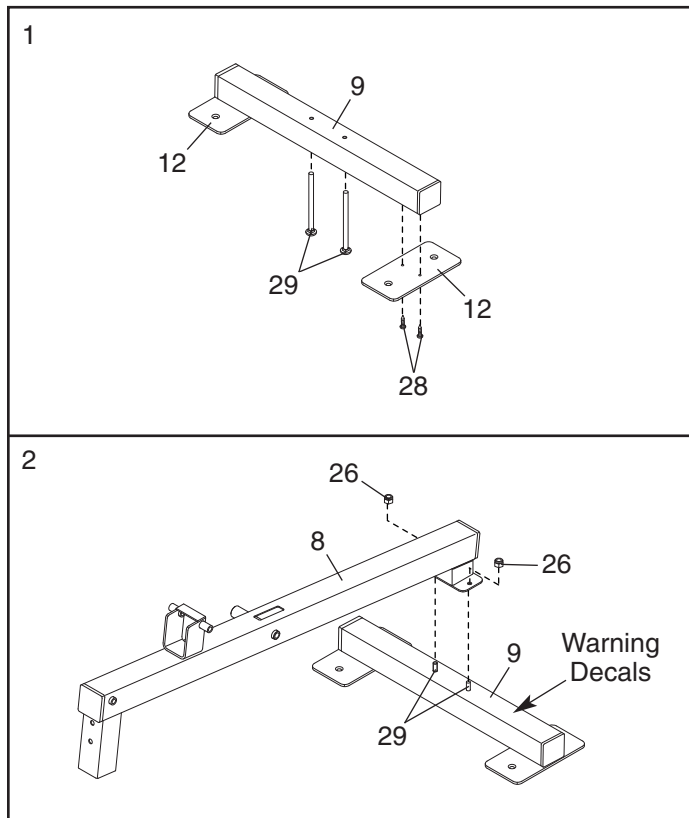
- two adjustable wrenches 
- one rubber mallet 
- one standard screwdriver 
- one Phillips screwdriver 
- clear tape or masking tape

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you understand the information in the box above. For help identifying small parts, see page 5.**

Attach a Small Plate (12) to the Bench Stabilizer (9) with two M4 x 15mm Screws (28). **Attach the other Small Plate (12) in the same way.** Then, insert two M8 x 70mm Carriage Bolts (29) up into the Bench Stabilizer.

2. Attach the Bench Frame (8) to the Bench Stabilizer (9) with the M8 x 70mm Carriage Bolts (29) and two M8 Nylon Locknuts (26). **Do not tighten the Nylon Locknuts yet.**

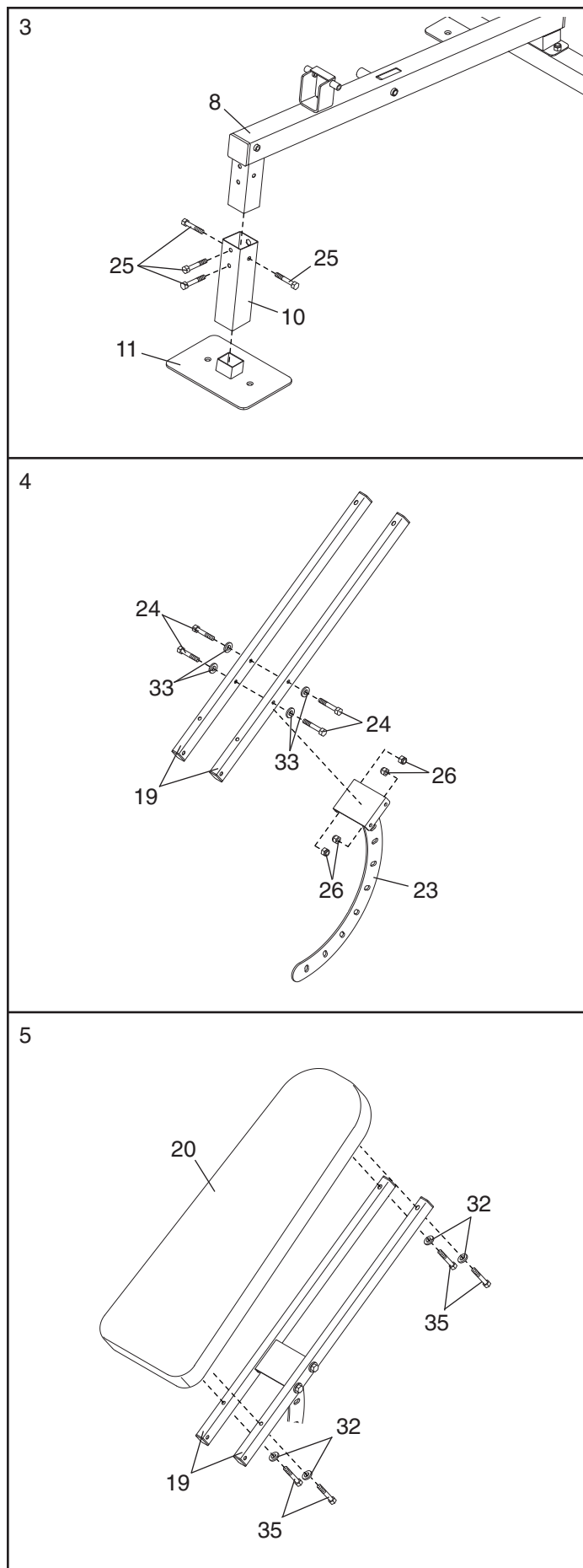


3. Press the Front Leg (10) onto the Large Plate (11). Next, slide the Front Leg onto the Bench Frame (8). Attach the Front Leg with four M8 x 15mm Screws (25).

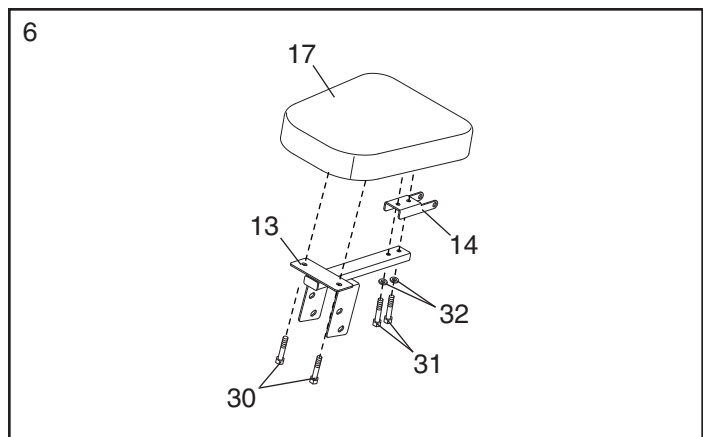
See step 2 and tighten the two M8 Nylon Locknuts (26).

4. Attach the Backrest Bracket (23) to the two Backrest Frames (19) with four M8 x 40mm Bolts (24), four M8 Washers (33), and four M8 Nylon Locknuts (26). **Do not tighten the Nylon Locknuts yet.**

5. Attach the Backrest (20) to the Backrest Frames (19) with four M6 x 55mm Screws (35) and four M6 Washers (32). **Do not tighten the Screws yet.**



6. Attach the Seat (17) and the Seat Carriage (14) to the Seat Frame (13) with two M6 x 15mm Screws (30), two M6 x 35mm Screws (31), and two M6 Washers (32).

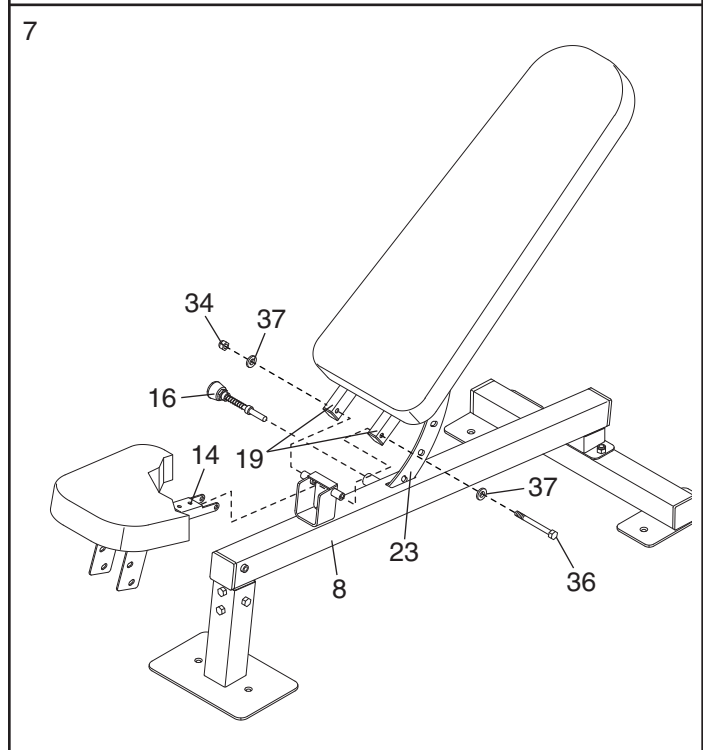


7. Insert the Backrest Bracket (23) into the slot in the Bench Frame (8). Apply a portion of the included grease to an M10 x 180mm Bolt (36). Attach the Backrest Frames (19) and the Seat Carriage (14) to the Bench Frame with the Bolt, two M10 Washers (37), and an M10 Nylon Locknut (34). **Do not overtighten the Nylon Locknut; the Backrest Frames and the Seat Carriage must pivot freely.**

Tighten the Backrest Knob (16) into the Bench Frame (8). **Make sure that the Backrest Knob engages a hole in the Backrest Bracket (23).**

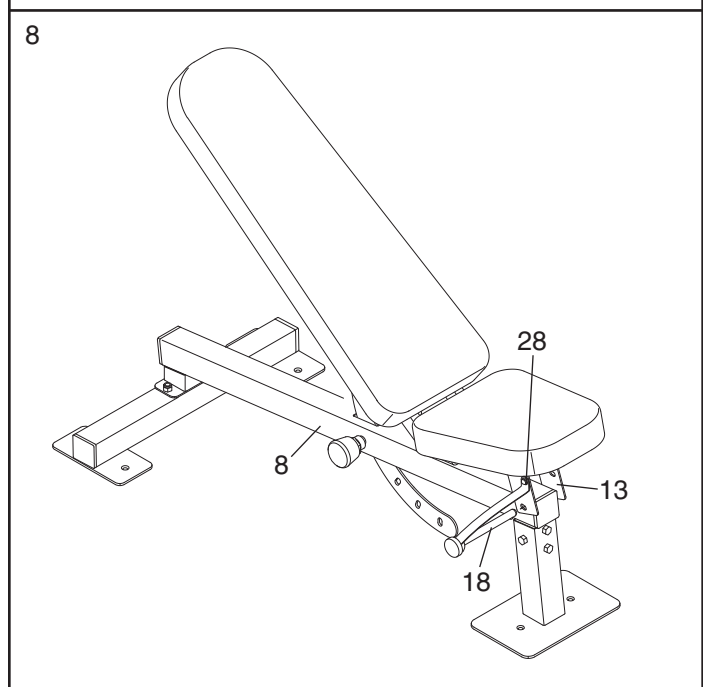
See step 4 and tighten the four M8 Nylon Locknuts (26).

See step 5 and tighten the four M6 x 55mm Screws (35).



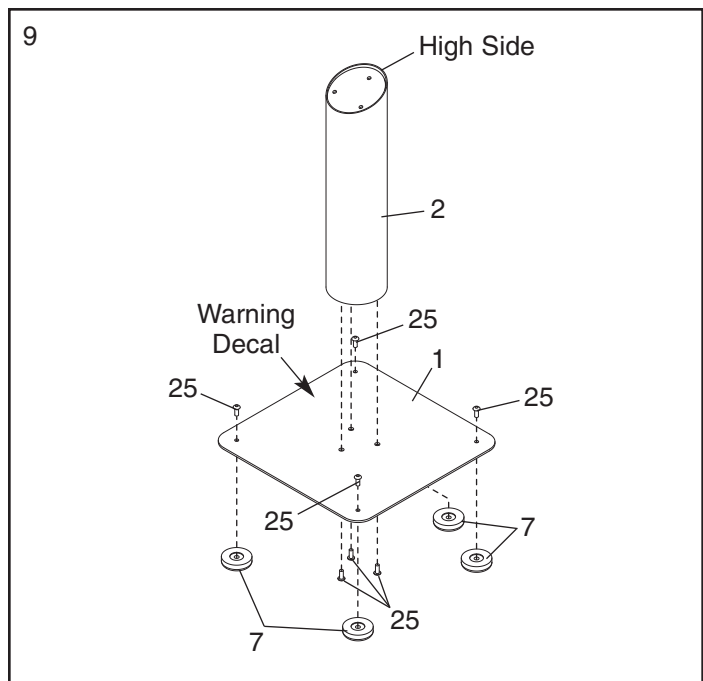
8. Insert the Seat Pin (18) through the Seat Frame (13) and the Bench Frame (8).

Attach the strap on the Seat Pin (18) to the Seat Frame (13) as shown with an M4 x 15mm Screw (28).



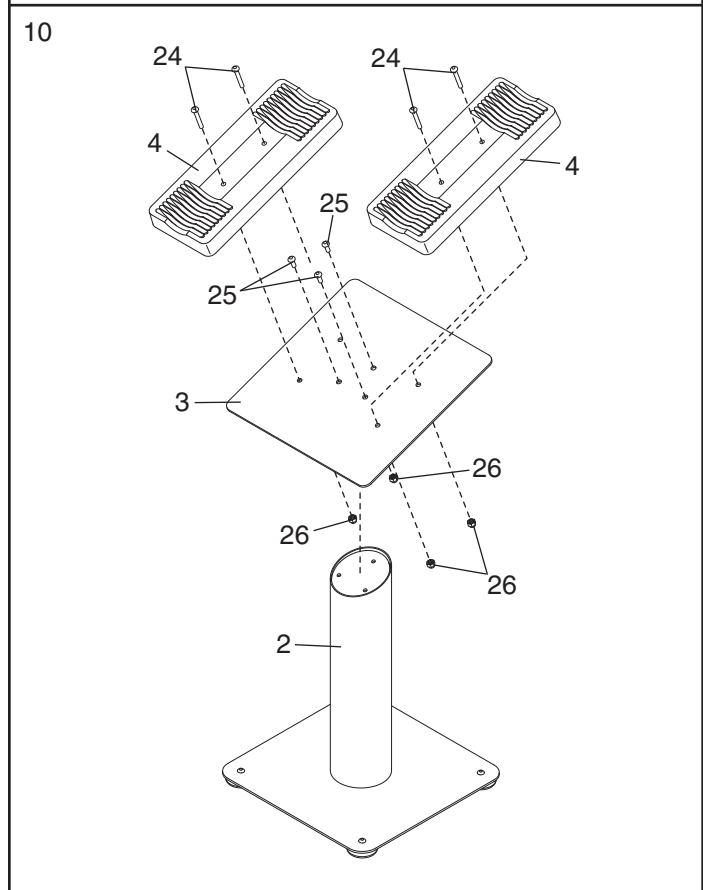
9. Attach the four Round Feet (7) to the Weight Stand Base (1) with four M8 x 15mm Screws (25).

Attach the Weight Stand Upright (2) to the Weight Stand Base (1) with three M8 x 15mm Screws (25).



10. Attach the Weight Stand Plate (3) to the Weight Stand Upright (2) with three M8 x 15mm Screws (25).

Attach the two Dumbbell Trays (4) to the Weight Stand Plate (3) with four M8 x 40mm Bolts (24) and four M8 Nylon Locknuts (26).

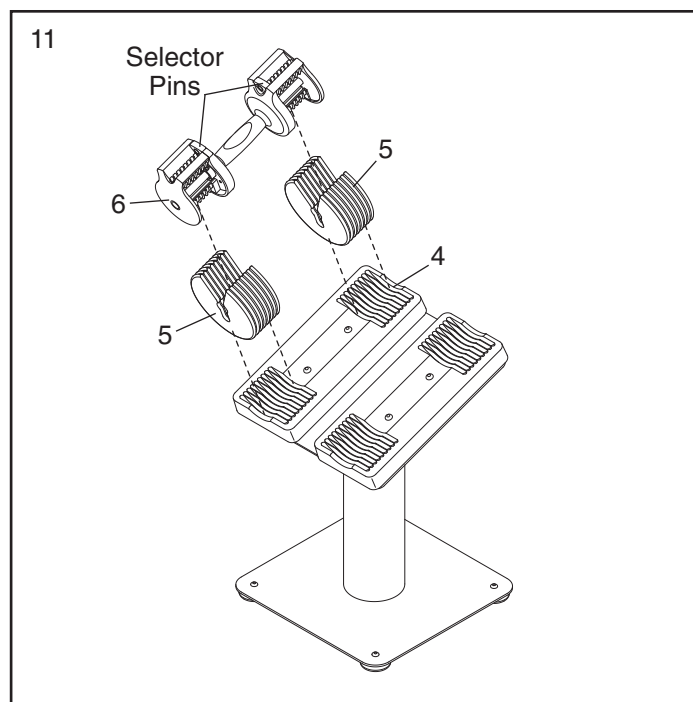


11. Place sixteen Weight Plates (5) in the slots in one of the Dumbbell Trays (4).

Lift the selector pins on one of the Handles (6), and slide the selector pins to the positions closest to the center of the Handle. Then, insert the Handle into the Weight Plates (5).

Repeat this step for the remaining Weight Plates (not shown) and the other Handle (not shown).

12. **Make sure that all parts are properly tightened before you use the weight bench and the weight stand.**



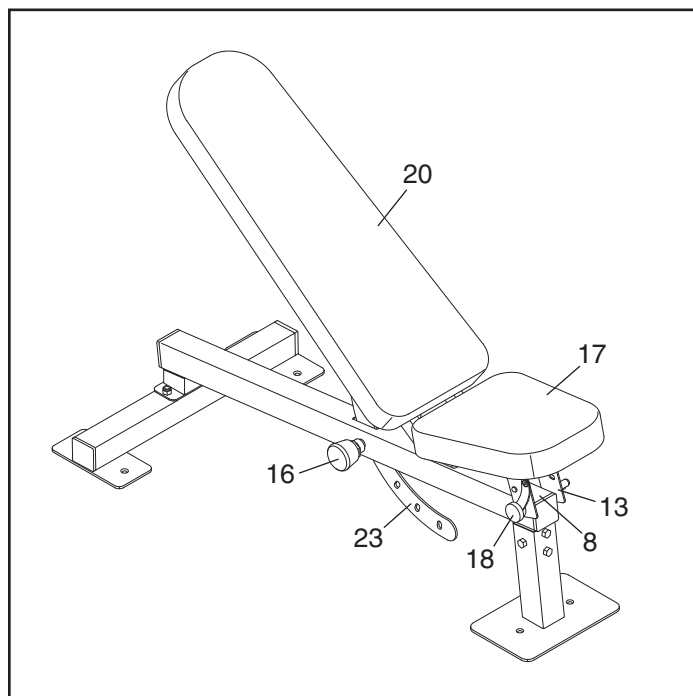
ADJUSTMENT

This section explains how to adjust the weight bench and the weight stand. See the accompanying exercise guide to see the correct form for several exercises. Make sure that all parts are properly tightened each time the weight bench and the weight stand are used. Replace any worn parts immediately. The weight bench and the weight stand can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

HOW TO ADJUST THE BACKREST AND THE SEAT

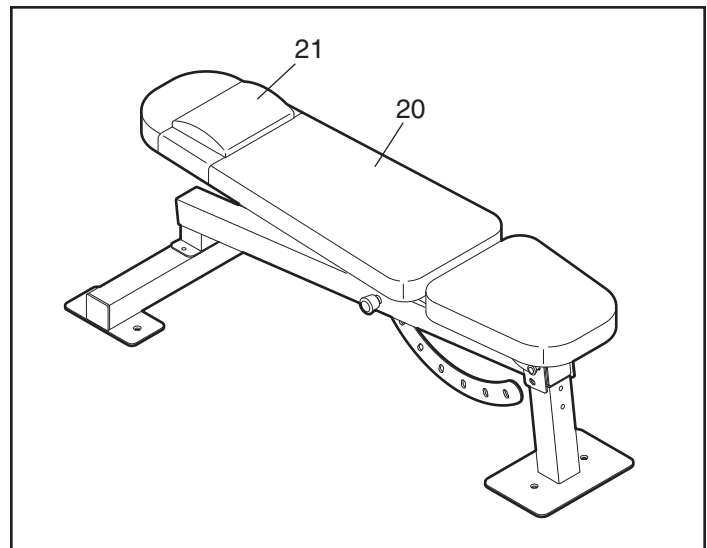
To adjust the angle of the Backrest (20), pull the Backrest Knob (16), raise or lower the Backrest, and then reinsert the Backrest Knob into one of the holes in the Backrest Bracket (23).

To adjust the angle of the Seat (17), remove the Seat Pin (18), raise or lower the Seat, and then insert the Seat Pin through the Seat Frame (13) and the Bench Frame (8).



HOW TO USE THE LUMBAR PAD

To use the Lumbar Pad (21), first lay the Lumbar Pad across the Backrest (20) in the desired position. Then, wrap the ends of the Lumbar Pad around the Backrest and press them against the back of the Backrest.

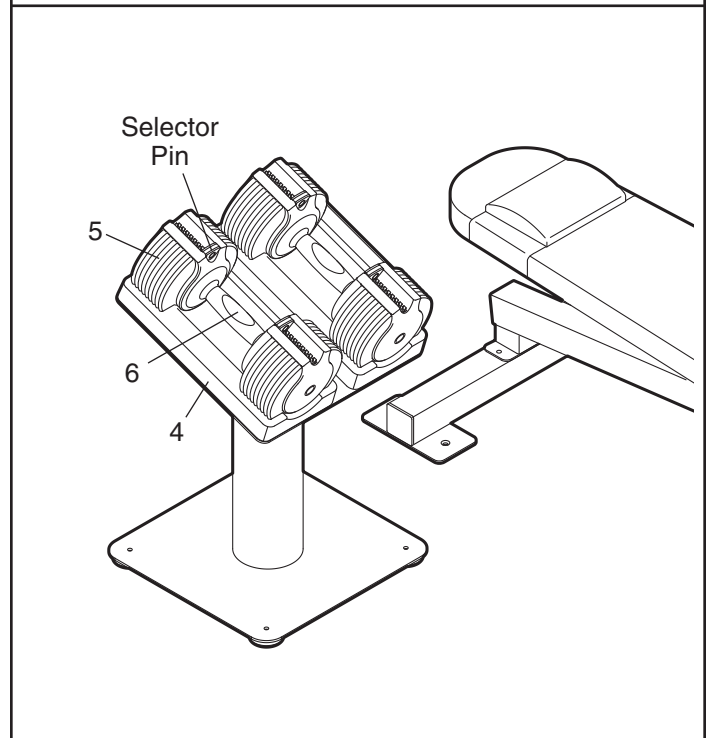


HOW TO USE THE WEIGHT STAND

Each Handle (6) can hold from two to sixteen Weight Plates (5), in pairs.

To select the desired number of Weight Plates (5), first set sixteen Weight Plates and a Handle (6) on one of the Dumbbell Trays (4) as shown. Next, lift one of the selector pins on the Handle, slide the selector pin to one of the adjustment holes between the Weight Plates, and then release the selector pin; rock the selector pin from side to side to make sure that it is fully inserted into one of the adjustment holes. Adjust the other selector pin on the Handle in the same way. **Make sure to select the same number of Weight Plates on both ends of the Handle.**

To begin exercising, lift the Handle (6) off the Dumbbell Tray (4), making sure that the unattached Weight Plates (5) remain in the Dumbbell Tray.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods follow:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

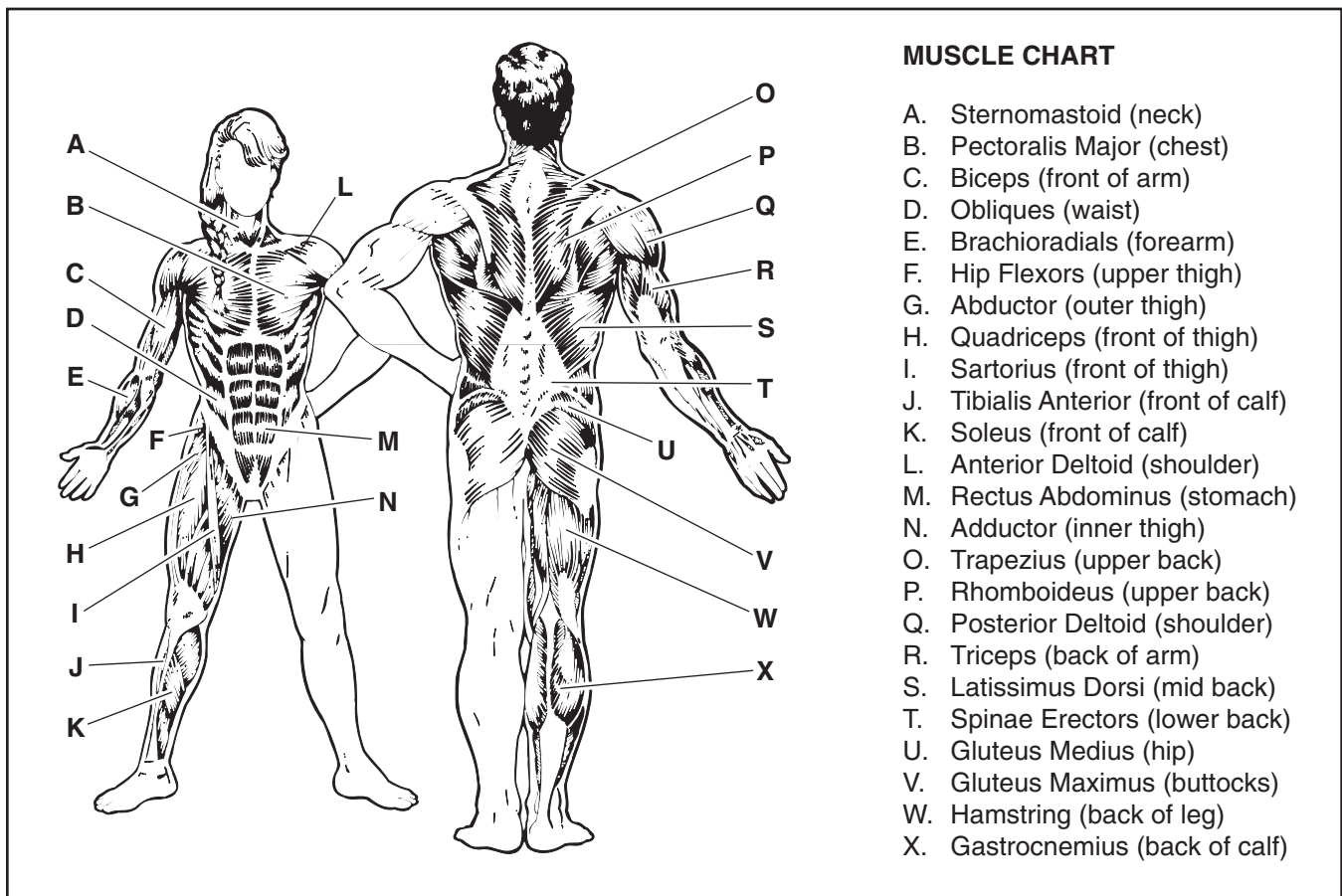
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

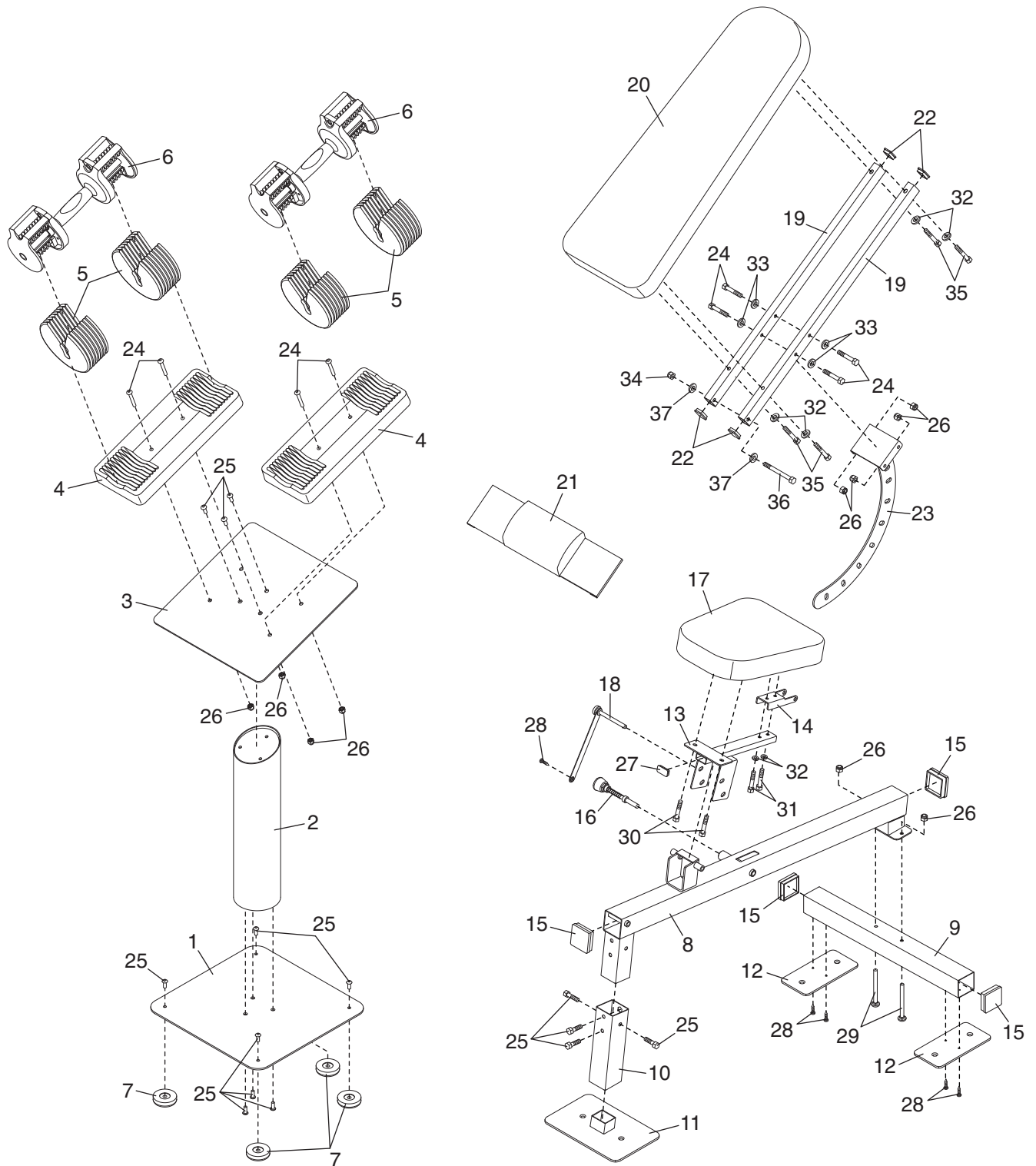


PART LIST—Model No. WEBE2406.0

R1106A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Weight Stand Base	22	4	40mm x 25mm Inner Cap
2	1	Weight Stand Upright	23	1	Backrest Bracket
3	1	Weight Stand Plate	24	8	M8 x 40mm Bolt
4	2	Dumbbell Tray	25	14	M8 x 15mm Screw
5	32	Weight Plate	26	10	M8 Nylon Locknut
6	2	Handle	27	1	40mm x 20mm Inner Cap
7	4	Round Foot	28	5	M4 x 15mm Screw
8	1	Bench Frame	29	2	M8 x 70mm Carriage Bolt
9	1	Bench Stabilizer	30	2	M6 x 15mm Screw
10	1	Front Leg	31	2	M6 x 35mm Screw
11	1	Large Plate	32	6	M6 Washer
12	2	Small Plate	33	4	M8 Washer
13	1	Seat Frame	34	1	M10 Nylon Locknut
14	1	Seat Carriage	35	4	M6 x 55mm Screw
15	4	60mm Square Inner Cap	36	1	M10 x 180mm Bolt
16	1	Backrest Knob	37	2	M10 Washer
17	1	Seat	#	-	User's Manual
18	1	Seat Pin	#	-	Hex Key
19	2	Backrest Frame	#	-	Grease Packet
20	1	Backrest	#	-	Exercise Guide
21	1	Lumbar Pad			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEBE2406.0)
- the NAME of the product (WEIDER CLUB POWER SWITCH 100 weight bench and weight stand)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813